

Programme Schedule for Job Training Course for Anganwadi Workers

* Duration – 30 Days

Working Days – 26 Days

Batch Size – 25

Days	Session-I		Session-II		Session-III		1.15-2.15pm	Session-IV		Session-V		Session-VI
	9.00a.m.-9.15 a.m.	9.15a.m-10.30 a.m.	10.30a.m. –12.00 noon	12.00 noon – 1.15 p.m.				2.15 p.m. –3.30 p.m.	3.30p.m-4.45 p.m.	4.45p.m.-5.30 p.m.		
A. Defreezing (1/2 Day)							B. The Foundation (1 ½ Days)					
Day 1	Registration	Welcome & Introduction	Sharing of Experiences				L	Situation of Children and Women in India/States		Social Issues Concerning Children and Women		
Day 2	Games/ Feedback/ Submission of Assignment	Constitutional Provisions, Rights and Legislation Concerning Children & Women (9.15 a.m. – 11.00 a.m.)		Programmes and Policies for Development of Children and Women (11.00 a.m.-1.15 p.m.)		U N		Status of Girl Child and the Meena Initiative Film on Meena (2.15 p.m. –4.00 p.m.)		Women Empowerment through Self Help Groups Film on Women Empowerment (4.00 p.m. – 5.30 p.m.)		
C. ICDS Programme (2 Days)												
Day 3	“	Introduction to ICDS Programme (9.15 a.m. – 11.30 a.m.)		Training Set up and Approach to ICDS Training (11.30 a.m. – 1.15 p.m.)		C H	Setting up an AWC (2.15 pm.- 3.30 p.m)		Role & Job Responsibilities of an AWW (3.30 p.m. - 5.00 p.m.)		Class Assignment (5.00 p.m. – 5.30 p.m.)	

*Includes 4 Sundays as Holidays & Saturdays Working

Days	Session-I		Session-II		Session-III		1.15-2.15 pm	Session-IV		Session-V	Session-VI
	9.00a.m.-9.15 a.m.	9.15a.m-10.30 a.m.	10.30a.m. –12.00 noon		12.00 noon – 1.15 p.m.			2.15 p.m. –3.30 p.m.	3.30p.m-4.45 p.m.	4.45p.m.-5.30 p.m.	
Day 6	“	Activities for Physical and Motor Development of Children in a Preschool + Demonstration (9.15 a.m. –11.00 a.m.)	Activities for Cognitive Development of Children in a Preschool (11.00 a.m. – 1.15 p.m.)		L N N	Activities for Language Development of Children in a Preschool + Demonstration (2.15 p.m. – 3.45 p.m.)	• Activities for Psycho-social Development of Children in a Preschool + Demonstration (3.45 p.m. – 5.15 p.m.) • Instructions for Nature Walk (5.15 p.m.–5.30 p.m.)	C H	Preparation and Use of Low Cost PSE Material + Class Assignment + Demonstration		
Day 7	Nature Walk (9.00 a.m. – 10.30 a.m.)		Activities for Development of Creative, Aesthetic Expression and Science Exposure of Children in a Preschool + Demonstration (10.30 a.m. – 12.00 noon)	Organisation and Arrangement of AWC for PSE Activities (12.00 noon – 1.15 p.m.)							

Days		Session-I	Session-II	Session-III	1.15- 2.15 pm	Session-IV	Session-V	Session-VI
	9.00a.m.- 9.15 a.m.	9.15a.m-10.30 a.m.	10.30a.m. –12.00 noon	12.00 noon – 1.15 p.m.		2.15 p.m. –3.30 p.m.	3.30p.m- 4.45 p.m.	4.45p.m.- 5.30 p.m.
Day 8	Games/ Feedback/ Submission of Assignment	Planning and Organising PSE Programme at AWC + Class Assignment			L U	Class Assignment on : Make a Plan for Conducting PSE Activities at an AWC (2.15 p.m. – 3.45 p.m.)	Common Behavioural Problems among Children (3.45 p.m. – 5.00 p.m.)	Feed- back of ECCD (5.00 p.m. –5.30 .m.)
E. Nutrition & Health (7 Days)								
Day 9	Games/ Feedback/ Submission of Assignment	Importance of Healthy Living & Good Nutrition	Nutrition and Health Services in ICDS Programme	Nutrition and Health Care of Expectant and Nursing Mothers	N C H	Nutrition and Health Care of Newborns, Infants and Young Children (Birth - 6 yrs.) + Film on Breastfeeding + Home Assignment (To be Submitted the next Day) (2.15 p.m.- 4.00 p.m.)	Nutrition and Health Care of Adolescents Girls (4.00 p.m. – 5.30 p.m.)	

Days	Session-I		Session-II		Session-III		1.15-2.15 pm	Session-IV		Session-V	Session-VI
	9.00a.m.-9.15 a.m.	9.15a.m-10.30 a.m.	10.30a.m. –12.00 noon		12.00 noon – 1.15 p.m.			2.15 p.m. –3.30 p.m.	3.30p.m-4.45 p.m.	4.45p.m.-5.30 p.m.	
Day 10	“	Protein Energy Malnutrition among Children – Causes, Symptoms, Prevention and Manage	Micronutrient Deficiencies among Children – Causes, Symptoms, Prevention and Management		Organising Supplementary Nutrition at an AWC + Class Assignment		L U N	Growth Monitoring and Promotion + Demonstration + Class Assignment + Role Play Film on Growth Monitoring (2.15 p.m. – 4.15 p.m.)	• Organising Nutrition & Health Education Session + Class Assignment • Instructions for Field Visit (4.15 p.m. – 5.30 p.m.)		
Day 11	Visit to Anganwadi Centre for Conducting Preschool Education Activities and Organising Nutrition Services					C		Prevention of Emerging Endemic Diseases among Children (2.15 p.m. - 4.00 p.m.)	Identification & Prevention of Disability among Children (4.00 p.m. – 5.30 p.m.)		
Day 12	Introduction to Integrated Management of Childhood Illness (9.00 a.m. – 11.00 a.m.)		Assessment of Childhood Illness (11.00 a.m. – 1.15 p.m.)					H	Assessment of Childhood Illness		

Days		Session-I	Session-II	Session-III	1.15-2.15 pm	Session-IV	Session-V	Session-VI
	9.00a.m.-9.15 a.m.	9.15a.m-10.30 a.m.	10.30a.m. –12.00 noon	12.00 noon – 1.15 p.m.		2.15 p.m. –3.30 p.m.	3.30p.m-4.45 p.m.	4.45p.m.-5.30 p.m.
Day 13	Review of Day 12 (9.00 a.m. – 9.30 a.m.)	Classification of Childhood Illness (9.30 a.m. – 11.00 a.m.)	Treatment of Childhood Illness (11.00 a.m. – 1.00 p.m.)		L	Treatment with Home Care & Advice		
Day 14	Review of Day 13 (9.00 a.m. – 9.30 a.m.)	Practice Exercise (Visit to Community for Assessment, Classification & Treatment of Childhood Illness) (9.30 a.m. – 1.15 p.m.)			U	(2.00 p.m. – 5.30 p.m.) Nutrition Counselling		
Day 15	Review of Day 14 (9.00 a.m. – 9.30 a.m.)	Practice Exercise (Visit to Community for Assessment, Classification of Childhood Illness and Treatment, Home Care & Advice and Counselling)			N	(2.15 p.m. – 5.30 p.m.)		
					C	Review, Reinforcement & Feedback of IMCI Component	Personal Hygiene and Safe Drinking Water	Feedback of Nutrition & Health Component
					H	(2.15 p.m. – 3.15 p.m.)	(3.15 p.m. – 4.30 p.m.)	(4.30 p.m. – 5.30 p.m.)

Days	Session-I		Session-II		Session-III		1.15-2.15 pm	Session-IV		Session-V	Session-VI
	9.00a.m.-9.15 a.m.	9.15a.m-10.30 a.m.	10.30a.m. –12.00 noon	12.00 noon – 1.15 p.m.	2.15 p.m. –3.30 p.m.	3.30p.m-4.45 p.m.		4.45p.m.-5.30 p.m.			
F. Communication, Advocacy and Community Participation (4 Days)											
Day 16	Need, Importance and Scope of Community Participation in ICDS (9.00 a.m. – 10.30 a.m.)		How to Know Your Community ? (Film on Community Participation) (10.30 a.m. – 11.45 a.m.)		Role of Community in ICDS Programme (11.45 a.m. 1.15 p.m.)		L U	Role of Panchayats in Implementation of ICDS Project (2.15 p.m. – 3.45 p.m.)		Preparing Community for Implementation an ICDS Project (3.45 p.m. – 5.30 p.m.)	
Day 17	Games/ Feedback/ Submission of Assignment	Formation of Mahila Mandals in the Community (9.15 a.m. – 10.30 a.m.)	Formation of Village Level Coordination Committee + Class Assignment (10.30 a.m. – 11.45 a.m.)	Conducting a Survey in a Community + Class Assignment + Role Play (11.45 a.m. – 1.15 p.m.)	N C H	Techniques for Mobilising Community & Eliciting Community Participation + Film on Home Visit + Class Assignment (2.15 p.m. – 4.15 p.m.)		Community Based Monitoring for ICDS (4.15 p.m. – 5.30 p.m.)			

